

Whitehall Senior Center Menu

JANUARY 2018-FOR RESERVATIONS CALL 287-5336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <u>CLOSED</u></p> 	<p>2 FISH SANDWICH BUTTERED NOODLES PORK & BEANS GREEN BEANS JUICY PEACHES</p>	<p>3 SPAGHETTI W/MEAT SAUCE GARLIC BREAD GREEN PEAS TOSSED SALAD BLUSHING PEARS</p>	<p>4 BAKED ORANGE CHICKEN WILD RICE STIR FRY VEGGIES RED BEAN SALAD BANANA BREAD</p>	<p>5 <u>RED HAT DAY BRUNCH - 11 AM</u> SCRAMBLED EGGS CRISPY BACON HASH BROWNS CINNAMON ROLLS FRUIT & JUICE BAR</p>
<p>8 HAM & VEGGIE POT PIE STEAMED BROCCOLI BLT SALAD APPLESAUCE YOGURT PARFAIT</p>	<p>9 SWISS STEAK BOILED POTATOES RANCH BEANS GOLDEN CORN STRAWBERRY PIE</p>	<p>10 TURKEY CORDON BLEU OVER NOODLES CARROT COINS SALLY'S BROCCOLI SALAD GOLDEN PEARS</p>	<p>11 PIZZA BAKE GARDEN PEAS 4 BEAN SALAD APRICOTS CHOCOLATE CHIP COOKIE</p>	<p>12 POLISH DOGS SWEET POTATO FRIES STEAMED SPINACH CAULIFLOWER SALAD ORANGE CREAM PIE</p>
<p>15 <u>CLOSED</u></p> 	<p>16 BEEF & VEGGIE POT PIE BBQ BEANS STEAMED CAULIFLOWER BAKED APPLES TAPIOCA PUDDING</p>	<p>17 PORK STEW FRESH BAKED BISCUIT COOKED CARROTS TOSSED BROCCOLI SALAD PLUMP PEACHES</p>	<p>18 HAMBURGERS TATER TOTS BLACK BEANS & CORN MACARONI SALAD CRANBERRY PIE</p>	<p>19 BAKED CHICKEN SCALLOPED POTATOES HARVARD BEETS RAMEN COLESLAW CUSTARD</p>
<p>22 SLOPPY JOES SWEET POTATO FRIES GOLDEN CORN GREEK SALAD FRUIT COCKTAIL</p>	<p>23 SALISBURY STEAK MASHED POTATOES BAKED BEANS CARROT COINS PEACH COBBLER</p>	<p>24 CHICKEN POT PIE GREEN BEANS BROCCOLI SLAW CRANBERRIES</p>	<p>25 BEAN BURRITO BAKE BRUSSEL SPROUTS CARROT RAISIN SALAD PUMPKIN PIE</p>	<p>26 <u>BIRTHDAY DINNER</u> BAKED COD SCALLOPED POTATOES GREEN PEAS AMBROSIA CAKE & ICE CREAM</p>
<p>29 BBQ CHICKEN SANDWICH SWEET POTATO FRIES CAPRI VEGGIES JUICY PEACHES</p>	<p>30 HAMBURGER STEAK MASHED POTATOES CALICO BEANS CALIFORNIA VEGGIES CARROT CAKE</p>	<p>31 MONTANA PASTIES PETITE PEAS COLESLAW FRUIT TOSS</p>		

USDA prohibits discrimination in the administration of this program. To file a complaint, write to secretary of agriculture, Washington D.C. 20250.

This menu has been reviewed and approved by a registered dietitian, CASSANDRA DRYNAN, RDN, Cassandra Drynan, RDN.

MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, JUICE, WHOLE GRAIN BREAD AND MARGARINE.